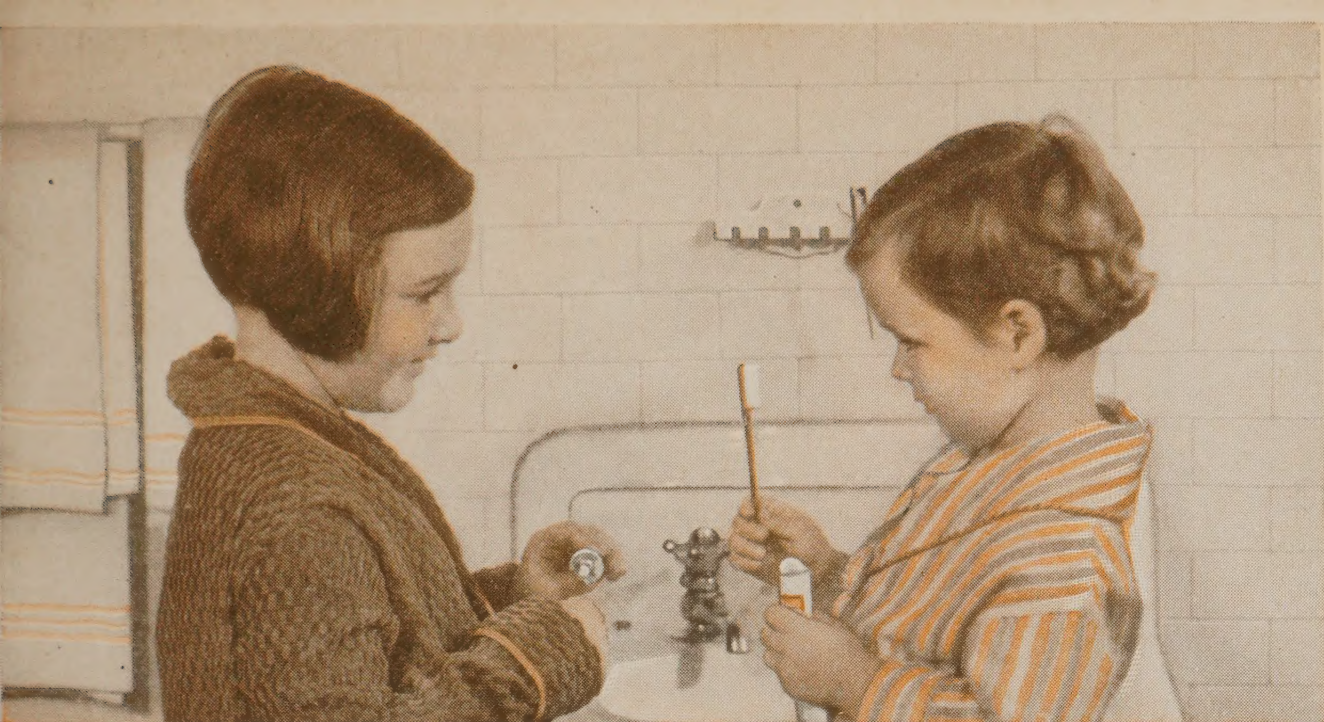




GOOD TEETH



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GOOD TEETH

Body Guards



CLEAN MOUTH with a sound, healthy set of teeth is like a well guarded gate. It keeps many enemies out of the body. If the guards—the teeth—are neglected, much trouble for the whole body may result. Hence, good teeth and a clean mouth are worth the best care you can give them.

Visit the dentist once every six months. Let him examine, treat and clean your teeth, so that decay, often unsuspected, may be prevented or checked before it has done any harm. He will give you advice on taking care of your mouth.

What Happens When a Tooth Decays

The pictures on the next page show why it is easier to treat teeth before decay has made headway than afterward, and why a large cavity is more painful to treat than a small one.

The crown of the tooth is covered with a hard substance called enamel, and the root with a softer covering, called cementum. Underneath these coverings is a bone-like substance called dentine, and within this the pulp chamber which contains blood vessels and nerves.

Figure 1 shows how a tooth would look if cut down through the center.

Figures 2, 3 and 4 show how a tooth decays. The decay

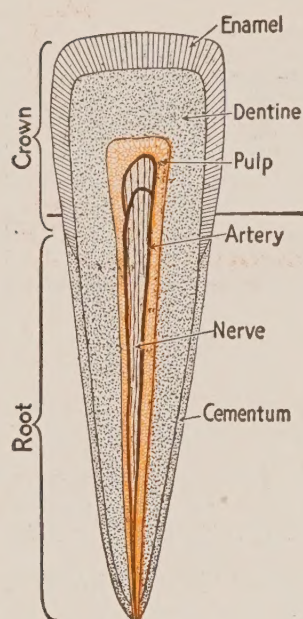


FIGURE 1

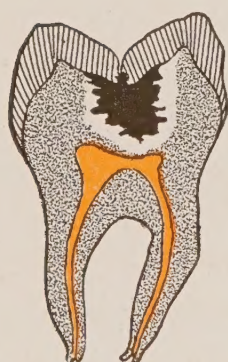


FIGURE 4



FIGURE 2

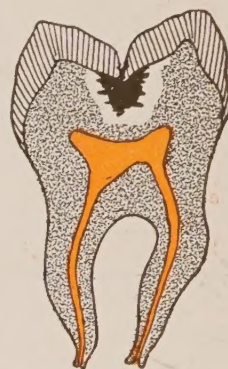


FIGURE 3

begins by eating through the enamel. Once this is broken, the softer dentine breaks down rapidly. Even when the opening in the enamel is very small, the decay underneath may be considerable. Soon the dentine is eaten through and the bare nerve is exposed. This means a "jumping" toothache, and very painful repair work. All this trouble can be headed off by going regularly every six months to the dentist, and having him keep your teeth cleaned and small openings closed.

Pain, a Danger Signal

It is foolish to wait until a tooth aches before having it treated. Home remedies halt the pain only for a little while and fail entirely to stop the spread of the decay.

If your face begins to swell, put something cold on your cheek and go at once to your dentist. You should keep hot things away from the outside of your face when there is a swelling, but they may be held within the mouth.

Fissures

Little pits or openings which a tooth-brush will not reach provide room for millions of bacteria which cause decay in teeth. Surface cracks, or fissures, are present in fully 85 per cent. of all molars coming through the gums. This is because the enamel was not formed perfectly when the tooth was growing. A child, therefore, should be taken to the dentist whenever a new tooth appears. If a crack is found, the dentist will smooth it out or fill it.

A Lost Tooth is a Lost Friend

When a tooth is extracted, a gap is left in the chewing machine. The work of the missing tooth, therefore, must be done by those on each side. These teeth may be pushed into a crooked position because the gap leaves nothing to support them

Hidden Trouble

Sometimes abscesses may develop at the roots of teeth. It is easy to neglect this condition, because the tooth looks and often feels perfectly sound. The poison from an innocent looking tooth may circulate to some other part of the body and cause intense pain. It may cause serious heart trouble. Neuritis, neuralgia and rheumatism are frequently due to a tooth infected at the roots. If you have such pain, it is well to have your teeth X-rayed.

Another serious condition is infection under the gums and in the tissues that surround and support the teeth, popularly known as pyorrhea. A regular dental examination, with the help of the X-ray, if necessary, will detect this disease and will lead to its successful treatment, if it has not gone too far. But it may be prevented by the right diet (see page 7), by exercising the gums through a

thorough chewing of food, by keeping the mouth as clean as possible, by careful use of the tooth-brush or dental floss and by prompt attention to tender or bleeding gums, crooked or painful teeth, or other mouth disturbances.

How to Keep Your Teeth Clean

Brush all surfaces of your teeth in the morning, after every meal, if possible, and always before going to bed. Use your own brush and clean water. Rinse your mouth with lime water.

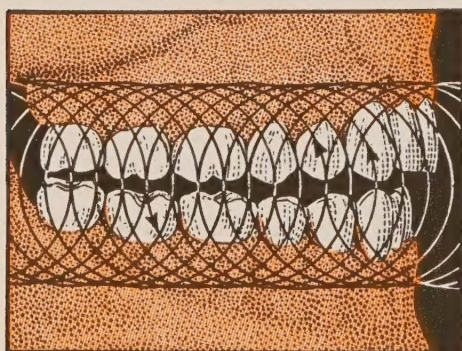


FIGURE 5

Tooth paste or powder should be used on the brush to help remove food which clings to your teeth. Your dentist will tell you what good tooth pastes and powders there are on the market. He will also show you how to brush your teeth so as to clean all sur-

faces. Perhaps the rotary method illustrated in Figure 5 is best.

Care of the Baby's Teeth

The saying that "prevention is better than cure" is especially true of the teeth. The time to begin to take care of them is as soon as the first tooth appears. The baby's first set of teeth (20 in number) should be cleansed thoroughly twice a day, and he should be taken to the dentist or dental clinic every six months. (See Metropolitan pamphlet *The Child*.) If the baby has much pain or his digestion is upset while teething, take him at once to the doctor and to the dentist.

Tooth Building Food

Food is of the greatest importance in building strong teeth and in protecting the tissues that surround the teeth. The foundations for good teeth are laid before the baby is born, and after birth while the mother is nursing him. The mother should eat foods which contain the mineral salts, calcium, phosphorus, and vitamins A, C and D. She should eat these foods for her own sake as well as for her baby's. If she doesn't, the supply of minerals needed by the baby will be taken from her body and her own teeth will decay. Milk is the best single source of the mineral salts and contains some of vitamins A and D. Other foods which are valuable for tooth building are cheese, butter, eggs, whole grains, vegetables and fruits. Vitamin D helps the body to use the mineral salts. It is especially necessary for pregnant women, nursing mothers and infants and young children. It can be developed in the body by exposure to direct sunlight. It is also supplied by cod-liver oil. The physician will advise about the use of these foods both for the mother and baby before and after weaning and this same advice as to diet will help the growing child or adult to develop and preserve good teeth and a healthy mouth condition.

Most healthy babies have very little trouble cutting their teeth. Sickness at teething time most often comes from bad food or wrong food, and less frequently from the teeth. A child can get sick more easily when the teeth are coming. This is the reason extreme care should be taken with his food at this time.

Eating candy, especially between meals, lessens the appetite for other foods which are needed for the proper development of the teeth. When candy is eaten, it should be a part of a meal.

Lifetime Teeth

When your child is between five and six years old, his four front teeth will begin to loosen and soon will fall out. New ones will appear.

At about the same time, four large molars, or grinders, will start through his gum just back of his baby teeth. These new teeth are the most valuable ones he will have and they belong to the second set (thirty-two in all), which set is intended to serve a lifetime.

Your dentist should inspect the molars as soon as they appear, because they very often have small holes which should be taken care of at once.

Crooked Teeth

Crowded, irregular teeth should be corrected while the child is young. Uncorrected, they may severely handicap him throughout life. They mar his looks, are hard to keep clean, cause inflammation of the gums which leads to pyorrhea, and decay more easily than well spaced teeth. It is hard to chew food thoroughly with crooked teeth. They may cause mouth-breathing and thus affect chest development and general health.

If your child's teeth are crooked, take him to the dentist at once. The younger he is, the more easily can his teeth be straightened. The fact that his baby teeth are straight does not mean necessarily that his second set will come in straight.



FIGURE 6

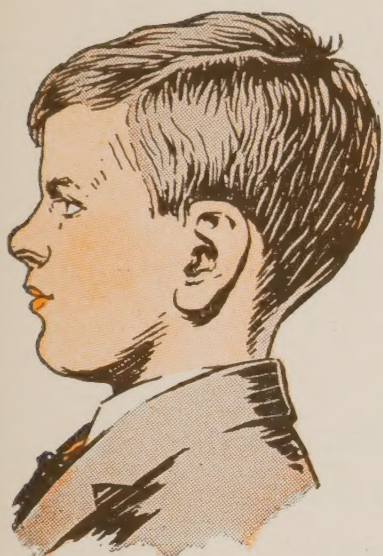


FIGURE 7

Figure 6 is drawn from the photograph of a boy with protruding teeth. He had a short upper lip and the lower lip was held under the upper teeth. He was pale and had a chest expansion of only one inch.

Figure 7 is the same boy after treatment. His teeth had been moved so that the lips came together naturally.

Guides to Tooth-Health

1. Visit your dentist every six months.
2. Brush your teeth on rising, after each meal and before going to bed.
3. Rinse your mouth with lime water after brushing teeth.
4. Have all fissures and cavities filled as soon as discovered.
5. Have crooked teeth straightened.
6. Eat proper food and also give your child the food which will build strong, good teeth; chewing tough, crisp foods helps to keep teeth healthy.
7. Have your child's teeth examined every six months, when his baby teeth appear, and when molars come through.
8. Do not let him suck his fingers, rubber nipples or pacifiers.
9. Guard baby teeth as though they were permanent.
10. Teach him that care of his teeth is a help to healthy manhood.

Other

METROPOLITAN HEALTH PAMPHLETS

THE CHILD (*From Birth to One Year*)

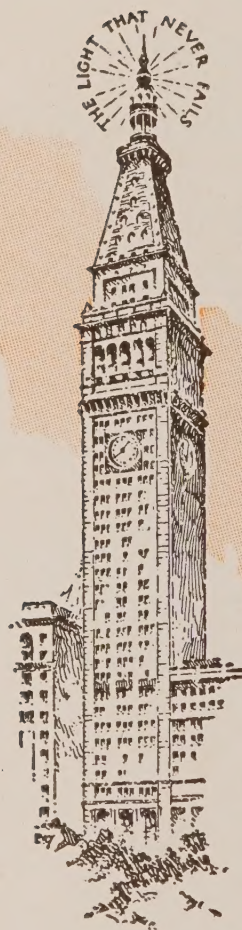
OUT OF BABYHOOD INTO CHILDHOOD

MILK—An All-Round Food

THE FAMILY FOOD SUPPLY

GOOD HABITS FOR CHILDREN

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of these little books that you would be
interested to read.*



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